



FAMILY CENTRE ARGYLE
 1990 Royal Crescent, London, Ontario N5Y 1N8
 PHONE: 519-455-2791 FAX: 519-455-0185



February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Centre Argyle Hours Monday 9:00 - 5:00pm Tuesday 9:00 - 5:00pm Wednesday 9:00 - 6:00pm Thursday 9:00 - 5:00pm Friday 9:00 -12:00pm			Breastfeeding Drop-in 9:00-11:00am Breastfeeding Peer Support 12:00-1:00pm Baby Fun 1:30-2:30pm	La Ribambelle French Friday 9:30-11:30 Just Beginning 1:30 to 3:00 pm	SPECTRUM Cooking Programs 11:00- 2:00pm French Morning 10:00-2:00
Salsa for Mom & Baby 10:00-11:00 am	M.A.P.P. 9:30am to noon Smart Beginnings 1:30-3:00pm Smart Start 6:00 to 7:30pm	TALK-IN Clinic 2:00-6:00pm	Breastfeeding Drop-in 9:00-11:00am Breastfeeding Peer Support 12:00-1:00pm Baby Fun 1:30-2:30pm	Just Beginning 1:30 to 3:00 pm	SPECTRUM Cooking Programs 11:00- 2:00pm Valentine Card Making 10:00-2:00pm
Salsa for Mom & Baby 10:00-11:00 am	M.A.P.P. 9:30am to noon Singing Through the Years 10:00 to 11:00- Dearness Home - 710 Southdale Road East Healthy Harvests Cooking 1:00 to 3:00pm Smart Start 6:00 to 7:30pm	Little Counters 10:00 -10:45 am TALK-IN Clinic 2:00-6:00pm	Breastfeeding Drop-in 9:00-11:00am Breastfeeding Peer Support 12:00-1:00pm Baby Fun 1:30-2:30pm	Just Beginning 1:30 to 3:00 pm	CLOSED FAMILY DAY
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Sibling Rivalry 6:00 to 7:00 pm Breastfeeding Peer Support 6:30 to 7:30pm	M.A.P.P. 9:30am to noon Singing Through the Years 10:00 to 11:00- Dearness Home - 710 Southdale Road East Smart Beginnings 1:30-3:00pm Smart Start 6:00 to 7:30pm	Little Counters 10:00 -10:45 am TALK-IN Clinic 2:00-6:00pm			

What's Happening...

Program Closure– The Family Centre will be closed on Saturday, February 17th and Monday, February 19th for Family Day weekend.

New Saturday Programs– Family Centre Argyle will be open on Saturdays from 9:30 to 3:00pm from January 27 to March 10, 2018. While the City will be offering 3 different Spectrum Cooking Programs, the Drop-in Playroom will be open 10:00am -2:00pm with a variety of family friendly activities geared for children up to 12 years old.

Saturday Activities:

- February 3- French Morning
- February 10– Valentine Card Making
- February 24– Family Games Day

EARLY YEARS PROGRAMS

Drop In Playgroups– A daily interactive play based program for children birth to 6 years of age, their parents and caregivers.

Early ON Playroom Hours

Monday	12:00 - 4:30pm
Tuesday	9:30 - 4:30pm
Wednesday	9:30 - 4:30pm
Thursday	9:30 - 4:30pm
Friday	9:30 -12:00pm



Circle Time (Tuesday to Friday) at 11:30am.

Baby Fun- Informal discussions on child development and parenting strategies discussed each week, while learning songs and rhymes with baby.

Community Drop-in Playgroups 9:30-11:30

Interactive play based programs for children, their parents and caregivers that are offered at various locations.

Monday	Siloam United Church 1240 Fanshawe Park Rd.
Tuesday	Family Centre Westminster 690 Osgoode Dr.
Wednesday	Summerside Community Church 1447 Commissioners Rd. E
Thursday	Family Centre Westminster 690 Osgoode Dr.
Friday	Stronach Community Centre 1221 Sandford St.

Singing Through the Years- An Intergenerational Music

Celebration– The 2nd and 4th Tuesday of the month.
Held at the Dearness Home, 710 Southdale Road.

SCHOOL AGE PROGRAMS

“TALK-IN” CLINICS- by Craigwood Youth Services

For youth 12-18 and/or their families concerned about substance abuse, bullying, anxiety, depression and general well-being. Private and confidential. No charge.

PARENT PROGRAMS

M.A.P.P. - Mutual Aid Parenting Program- A Drop-in program providing support for parents of children of all ages.

Smart Beginnings-For parents that have just completed the Smart Start for Babies prenatal program, this program supports parents as they adjust to life with a new baby. To find out if this program is right for you call 519-455-2791.

Breast Feeding Peer Support Group-A safe place for all breastfeeding women to connect with other moms. Facilitated by a Public Health Nurse.

OTHER SERVICES AVAILABLE

Smart Start for Babies– For more information and to register, please call 519-646-2961.

tykeTALK- Available by appointment only. For more information call **519-663-0273**.

Infant Hearing Screening Program– Available by appointment only. For more information call **519-663-5317 ext. 2703**

REGISTERED WORKSHOPS

Register on line at www.OEYCLondon.eventbrite.com

Salsa for Mom & Baby Join us for a 2 week series of fun and exercise learning to salsa dance with your baby (0-12months). Please bring an infant carrier for this class.

Little Counters Parents – learn how to incorporate numeracy into children’s playtime through the use of songs, games and stories. For children ages 12 to 39 months.

Sibling Rivalry Sibling rivalry starts early. Understand what causes it and how to encourage your children to develop healthy bonds with each other.

Just Beginning This is a 4 week program for first time moms with a baby 0-6 months of age developed in partnership with the Middlesex-London Health Unit.

Family Centre Argyle
your neighbourhood connection



PLEASE REMEMBER...NO SCENTS MAKES GOOD SENSE!



For more information on what's happening at Family Centre Argyle and in the Argyle neighbourhood, check out our **Family Centre Argyle** Facebook page.